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Social Security

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Who can get Disability

You may be eligible for Disability if you have:

1. A disability or blindness, **and**
2. Enough work history.

[Learn how to apply](#)

1. You have a disability or blindness

You must have a disability that affects your ability to work for a year or more, or will result in death.

If you continue to work, your condition must also limit you from earning income above an amount we call “substantial gainful activity” (SGA). In 2024, SGA is \$1,550 per month, or \$2,590 [if you're considered blind under our rules](#). We use different [rules to determine SGA if you're self-employed](#).

2. You have enough work history

Generally, you must have worked for at least 5 of the last 10 years to qualify for Disability. People under the age of 24 may not need to have worked as long. [Sign in](#) and look under “More Benefits” to see if you’ve worked long enough to qualify.

Extra benefits for family members

If you’re the spouse, ex-spouse, or child of someone getting Disability, you may qualify for Family Benefits.

[Learn more about Family Benefits](#)

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